

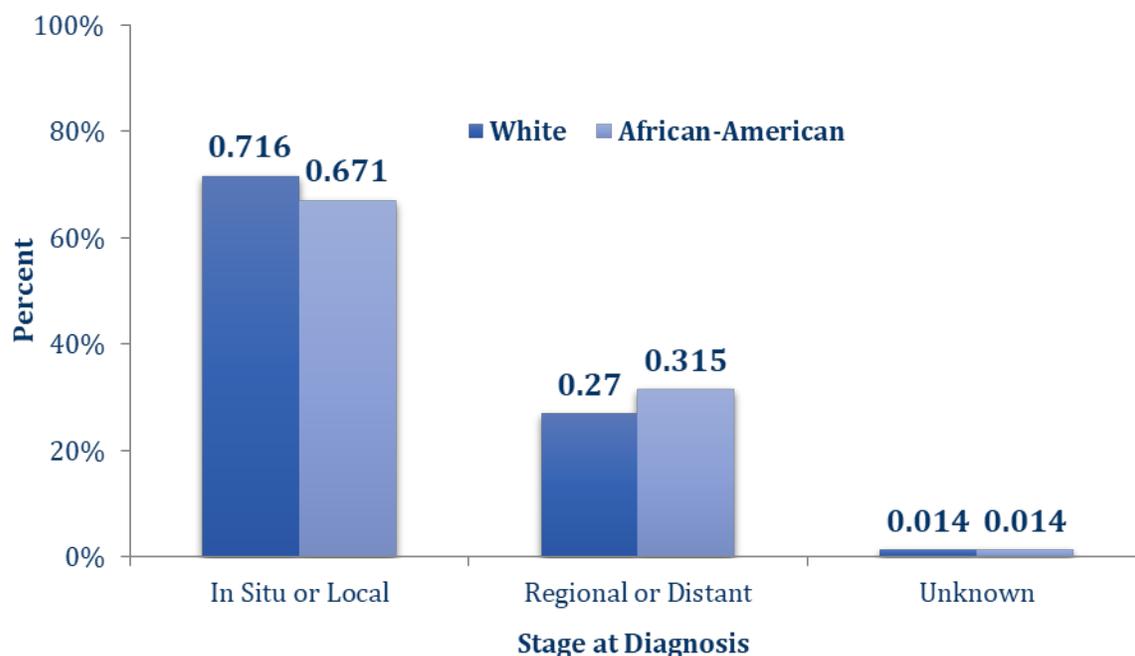
Breast Cancer

Breast cancer is the second leading cause of cancer death, and excluding skin cancers, the most frequently diagnosed cancer among women in Indiana and in the United States.¹ There were 6,287 cases of breast cancer diagnosed during 2017 in Indiana.²

African-American women are at an increased risk for poor outcomes relating to breast cancer, in part because they are often diagnosed at a younger age, at a later stage of disease and with more aggressive forms of breast cancer. [See Figure 1].

Figure 1. Percent of Female Breast Cancer Cases by Stage of Diagnosis and race –Indiana 2008-2017

Source: Indiana State Cancer Registry



Who Gets Breast Cancer?

Sex and age are the two greatest risk factors for developing breast cancer. Women have a greater risk for developing breast cancer, and that risk increases with age. Breast cancer is rare among men; however, they are often diagnosed at later stages and have poorer prognoses.²

Factors associated with increased breast cancer risk include weight gain after the age of 18, being overweight, use of menopausal hormone therapy, physical inactivity, and alcohol consumption.²

Common Signs and Symptoms of Breast Cancer

- Lumps, hard knots or thickening ²
- Swelling, warmth, redness or darkening ²
- Pulling in of the nipple or other parts of the breast ²
- Change in size or shape ²
- Nipple discharge that starts suddenly ²
- New pain that does not go away ²

Disparities

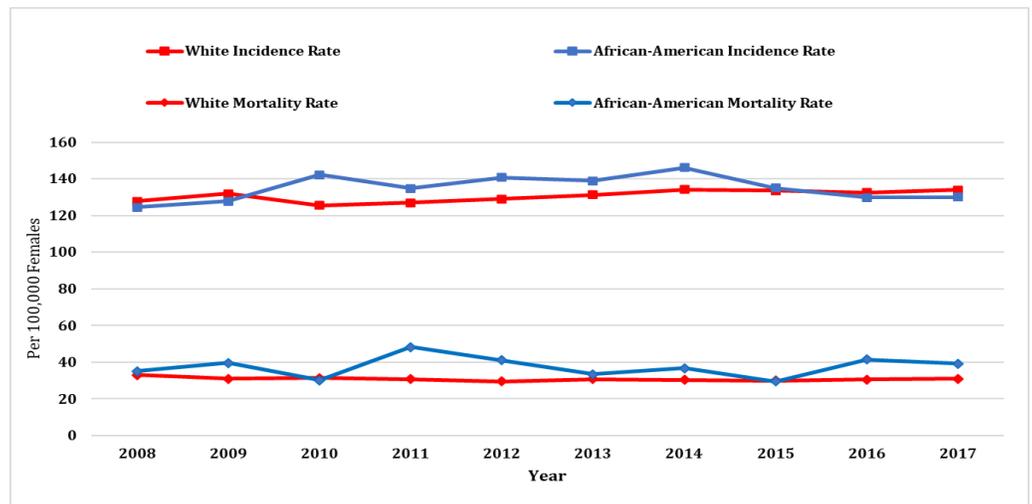
Disparities exist in breast cancer mortality between White and African-American women. In Indiana, during 2013-2017 the breast cancer incidence rates for African-American and White females were similar, but the mortality rate for African-American females was significantly higher than the rate for whites with the mortality rate for African-American females being 29.6 and the rate for White females being 24.4.² In fact, in 2017, the mortality rate for African-American women was 23.4% higher than the rate for White women (39.2 versus 31.0 respectively) [Figure 2].

Figure 2. Female Breast Cancer Incidence and Mortality Rates Trends by Race- Indiana 2008-2017

Note: excludes in situ

*Age-adjusted to the US 2000 Standard Population

Source: Indiana State Cancer Registry



What are the Treatment Options for Breast Cancer?

- Mastectomies are the partial or complete surgical removal of one or both breasts.³
- Lumpectomies are the removal of only the cancerous areas of the breast.³
- Local radiation can be used to treat the tumor without affecting the rest of the body.³
- Systemic drugs, which include chemotherapy, hormone therapy and targeted therapy, can be given orally or intravenously to reach the cancer cells in the body.³

Get Involved: Join the Indiana Cancer Consortium (ICC)

- The ICC is a statewide network of over 100 agencies including the Indiana Department of Health.
- The ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.
- Become a member at www.indianacancer.org.

References

1. Centers for Disease Control and Prevention. *Cancer Burden: Indiana*. 2019. Accessed online at <https://gis.cdc.gov/Cancer/USCS/DataViz.html> on January 8, 2021.
2. Indiana Cancer Registry
3. American Cancer Society. *Cancer Facts and Figures 2021*.

For additional information on Breast Cancer:
in.gov/health

